

Cumberland County Public Schools

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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Cumberland County Public Schools

Monday		Tuesday		Wednesday		Thursday		Friday		Nutrients
Nutrients	Target	Nutrients	Target	Nutrients	Target	Nutrients	Target	Nutrients	Target	
Cals...	482 100%	Cals...	435 97%	Cals...	483 100%	Cals...	407 91%	Cals...	479 100%	
Sodium.	671 mg	Sodium.	457 mg	Sodium.	695 mg	Sodium.	491 mg	Sodium.	469 mg	
Sugar	38.8*g 32.1%Cal	Sugar	39.9*g 36.6%Cal	Sugar	38.8*g 32.1%Cal	Sugar	41.8*g 41.0%Cal	Sugar	44.0*g 36.7%Cal	
Prot	14.5g 12.1%Cal	Prot	13.8g 12.7%Cal	Prot	15.0g 12.4%Cal	Prot	14.5g 14.3%Cal	Prot	14.9g 12.4%Cal	
Carb	77.7g 64.4%Cal	Carb	77.1g 70.8%Cal	Carb	81.7g 67.7%Cal	Carb	73.7g 72.4%Cal	Carb	83.4g 69.7%Cal	
T.Fat	15.6g 29.0%Cal	T.Fat	9.1g 18.8%Cal	T.Fat	11.3g 21.0%Cal	T.Fat	7.1g 15.6%Cal	T.Fat	9.9g 18.6%Cal	
S.Fat	3.6g 6.8%Cal	S.Fat	3.5g 7.3%Cal	S.Fat	4.1g 7.7%Cal	S.Fat	1.9g 4.2%Cal	S.Fat	3.6g 6.8%Cal	

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